"It seems as though my back would break." Women utter these words over and over again, but continue to drag along and suffer with nehes in the small of the back, pain low down in the side, "bearing down" pains, nervousness and no ambition for any task.



They do not realize that the back is the mainspring of woman's organism, and quickly indicates by aching a diseased condition of the female organs or kidneys, and that the aches and pains will continue until the cause is

Lydia E. Pinkham's Vegetable Compound has been for many years the one and only effective remedy in such cases. It speedily cures female and kidney disorders and restores the fe-male organs to a healthy condition.

"I have suffered with female troubles for "I have suffered with female troubles for over two years, suffering intense pain each month, my bek a ched until it seemed as though it would break, and I felt so weak all over that I did not find strength to attend to my work but had to stay in bed a large part of the first two or three days every mouth. I would have sleepless nights, bad dreams and severe headaches. All this undermined my health.

health.

"We consulted an old family physician, who advised that I try Lydia E. Pinkham's Vegetable Compound. I began taking it regularly and soen found that I could sleep and cat better than I had done for months. Within two month I became regular and I no longer suffer from backache or pain."—Miss Mauie Morris, See, Ladies' Add and Mission Society, 85 E. Hunter St., Atlanta, Ga.

Sunday School Teacher-What became of the swine that had evil spirits cast into them? Small Johnny-They were made into deviled ham.

In Washington to Study Fish. Dr. Th. Mortensen, of the Zoological

museum of Copenhagen, is in Washington to study the fish in the National

With a smooth iron and Define Starch, you can launder your shirtwaist just as well at home as the steam laundry can; it will have the proper stiffness and finish, there will be less wear and tear of the goods, and it will be a positive pleasure to use a Starch that does not stick to the

TY THE WAY.

Even a stingy person is always willing to give advice. No one is so prosperous that he can afford to malign other people.

A desire to get even has often been the keynote of a man's success. Value of property is entirely a mat-ter of whether somebody wants it. There are smaller dividends in the practice of hate than in any other oc-

It is hard to persuade a community that you are any better than your

his infirmities. Every person imagines that his is a special case among the ills that afin Madison Journal

Another Australian Experiment. Suitable farming land is provided by the Australian government for groups of men and their families that will ultimately form village settlements, but they are not to be cooperative-each settler will stand or fall on his own Government overseers will guide and instruct the settlers for two years, and the house erected for his use can be used as a public hall or school. Plain rations, implements, a small stock of cows, poultry, etc.; roofing material, water tanks, etc., will be supplied for the first year. This will | pork. be charged as a loan and must be eventually refunded to the state.

OUTDOOR LIFE Will Not Offset the Ill Effects of Coffee When One Cannot Digest It.

A farmer says: "It was not from liquor or tobacco | more than is paid for it. that for ten years or more I suffered from dyspepsia and stomach trouble, they were caused by the use of coffee until I got so bad I had to give up coffee entirely and almost give up eating. There were times when I could eat only belled milk and bread and when I went to the field to work I

along to give me strength. "I doctored with doctors and took almost everything I could get for my stomach in the way of medicine, but if I got any better it only lasted a little while until I was almost a walking skeleton.

"One day I read an ad for Postum and told my wife I would try it, and as to the following facts I will make affidavit before any judge:

"I quit coffee entirely and used Postum in its place. I have regained my health entirely and can eat anything that is cooked to eat. I have increased in weight until now I weigh more than I ever did: I have not taken any medicine for my stomach since I began using Postum. Why, I It is impossible to raise good dairy believe Postum will almost digest an

"My family would stick to coffee at first, but they saw the effects it had on me, and when they were feeling bad they began to use Postum, one at a time, until now we all use Postum." Name given by Postum Co., Battle Creek, Mich.

Ten days' trial of Postum in place of coffee proves the truth, an easy and pleasant way. "There's a reason."

Look in pkgs, for a copy of the famous little book, "The Road to Well-

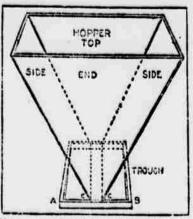


SELF FEEDER FOR HOGS.

Directions for the Building of Two Convenient Devices for the Pen.

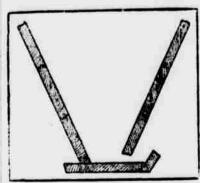
This self-feeder should be placed on Scored space and can be made any ength desired. A general plan is shown in our first illustration, says Prairie Farmer.

In building it, nail 2x4's to the floor with edges up to make the



DER CORN.

Set the end pieces of the hopper inside of the ends of the trough at center, leaving a space four inches wide for feed to pass through between the sides of the hopper. This space should run the full length of the trough. The sides of the hopper should be about one inch above the



bottom, so that feed can pass be-The feed can be shut off at any time by nailing a strip over this pening.

This feeder keeps the grain clean and a supply before the hogs at all The grain cannot be wasted when the hopper is properly regu-inted. This self-feeder can be built out of doors without any trouble, providing a roof is placed over it.

The second plan is shown in our econd illustration. There is no particular scale. It is only necessary to slant the sides of the feeder and trough so that a hog can get his head in and not his feet.

GRUB IN HEAD OF SHEEP, an' oil cakes Belle tool; on weight Treatment for This Troubis Should Begin by Using the

"Ounce of Prevention." Treatment for grub in the head practically valueless, declares Orange it aia' Judd Farmer. Not so, however, with reference to prevention. Grub in the head is caused by a fly which in hot. A man does not really get old un- late summer weather lays eggs in the til he begins to feel secret pride in nostrils of the sheep. These hatch in a few days and crawl up into the region adjacent to the brain. There they live and their presence leads frequentfect mankind in general.-Uncle Dick, ly to inflammation, which often results in death. If sheep are furnished with a cool and darkened shed where they can lie during hot summer days. they are not likely to be injured by

THE LIVE STOCK.

No blemished horse should be used as a breeder. Good horses cannot be produced

from inferior parents. Horse breeding should receive more attention by the general farmer. Pig pork is juicer, tenderer, healthler.

costs less and sells better than hog Cleanliness is as necessary for the health and well being of hogs as for

ther animals. Oats fed to hogs will produce bone and muscle and will prevent sows from

getting too fat. In the purchase of any kind of animal, quality is generally worth

The growing pig should be raised upon something else beside corn till ready to begin to fatten.

Gradually increase the rations of the pigs a few days before weaning if they are to be kept growing.

Large and fine muttons bring goo prices, sufficiently good to pay well for had to take some bread and butter the grain to make them fat, large and as fine as possible.

SKIMMINGS.

It pays to feed the cows some ground feed daily even when they are on good pasture. One batch of bad cream will spoi

many other batches of good cream i it is mixed with them. Success in the dairy business de-

pends on scientific knowledge of dairying. Just as a sponge absorbs water just so milk absorbs odors of all kinds. only in a much larger degree. The

material in some localities, on account of the absence of good bulls.

To Grow Wool.

To grow wool without fault or flaw in its fiber it is necessary that the sheep be kept in uniformly good thrifty condition every day in the year, and not at any time exposed to extremes of heat or cold. The sheep must not be nderfed or overfed at any time, so as o fever the system or allow it to beome debilitated, as either condition is ikely to weaken the fiber or make it

KNIFE REPAIRING POPULAR. Expert Cutters Exercise Great Care in the Mending of Pocket Cutlery.

Chicago men who have formed sentimental attachments for their master of his science receives fees pocket knives need no longer break which would hav startled the surgeons the ties of years or superstition when and the public 50 years ago. A fee of every week sees scores of knives re- \$10,000 is not uncommon for an op-stored to usefulness after their own- eration which can be performed in ers had mourned them as broken be-yond repair and about decided to \$10,000 is not the maximum fee. throw them away. Some of the There are cases, it is stated, in accidents overtake their favorite which as much as \$25,000 has been pieces of cutlery, says the Daily paid. When life is hanging by a News. Expert knife repairing with thread the question of fees is imin the last half-dozen years has be- material. The average man will give come an established branch of the all that he has, if required, to get a anives are sent hundreds of miles by geon's skill. A famous throat spemail or express and, nearly repaired, cialist was once summoned from make quick journeys homeward to London to treat the father of the comfort their owners.

it, what a lot of memories will stay around an old jackknife?"

Knife mending is almost an art. Only the best workmen are entaged. Vitality Supped by Years of Suffering in the work, which is done with great care. In most of their work the re-pair men seek to restore knives to Capt. J. W. Hogon, former postmas-the condition in which they were before the accident which brought about their sending to the repair man. Sometimes to achieve this result knives must be treated half a dozen

"Feople who have knives fixed are

all cranks," said a young workman. "They've got to have everything just so. A little to much grinding on a blade and you've got to put another one in. Once I had to put five new handles on one old man's knife before I got one that suited him. He constant flow or urine kept my system said he'd carried it 20 years and it had helped him make his fortune and he wasn't going to have it neglected in its old age. It cost him to times its value to have the old knile fixed, hear of Doan's Kidney Pills. This but he was as tickled as a kid with a new top when the job was over." For the ordinary citizen who do a not care to have extra work done a blade may be put in a knife or a new Foster-Milburn Co., Buffalo, N. Y. handle put on it for half a dollar or so. The particular men, with ideas that his knife should be restored to its old-time condition, can accomplish his aim in that direction, but it will sometimes cost him much money. Some fees of as high as \$30 have been paid for delicate work in knife repairing and the men who paid them all

declared the money well expinied. Did You Know This?

"Say, y'you know anything bout horses, her? D've know they'll eat pork? Well, they will, when it's fed 'em, an' they have to. The heaves stop, subsequent, though they're an allfired sight wass, niterwards. Helle went right onto a ment diet, how ment after the age of 30 amacin'. Cur'us thing bout oil cakes, packers of hairpins. though; once a hose has been fatted on 'em, an' then grows picked main, there sin't nothin' in God's world 'II put thesh on a him a second time. You mon smong Japanese women. can ity as much as you're mind for

Didn't Know Her Money.

A village doctor whose most troublesome patient was an elderly woman practically on the free list, received a sound rating from her one day for not coming when summoned the night be-

"You can go and see your other patlents at night," said she. "Why can't you come when I send for you? Ain't my money as good as other people's?" "I do not know, madam," was the reply, "I never saw any of it."-Lippincott's.

Live by the Sun.

Little spiders of certain species are carried on the backs of their female parents, in some cases for six or seven months, without taking the slightest visible nourishment. This fact has led the imaginative but learned and eminent French naturalist. M. J. H. Labro, to conclude that the young spiders live by the absorption of solar light and heat. As he words it, "the motor heat in these young animals, instead of being released from food, might be utilized directly as the sun, source of all life, tadiates it."

THE MARKETS.

1	NEW YORK, July 10	
	COTTON-Milling	3.1
	FLOUR-Winter Pars. 4 00 G 4 :	0
8	With T-No Role Siles	10
	Charles Street	111
	PORK - Mess 17 50 57 17 1	5
	LARD-Western Prime, 9 10 4 9 3	10
1	ST. LOUIS.	
1	COTTON-Midding	0.7
1	CATTLE Native Sers. 4 60 0 6	100
	HOGS—Feir to Choice. 6 55 8 5 8 5 8 5 18 5 18 5 18 5 18 5 18	0
	FLOUR-1 atoms \$ 85 9 4 9	9
	Whilay-No. 2 Red 76340	7
	No. of Winter	0
•	CORN_No. 2	
,	EXENO	ò
٠.	FIA1 -Timothy 15 00 % 17	0
		7
1	LARD-Choice Steam 9 5	5
1	PORK-Standard Mess # 17	171
	CHICAGO.	

CATTLE—Native SUB. 4 65 @ HOGS—rair to Choice. 6 55 @ FLOUR—Winter Pars. 2 50 @ Spring Patents 2 50 @ WHEAT—No. 2 Red. 78 6 @ OATS—No. 2 9 OATS—No. 2 9 PORK—Mess. 18 55 @ LAIRO 8 5 6 LAIRO 8 5 5 @ GATE—No. 2 9 PORK—Mess. 18 55 @ LAIRO 8 5 6 LAIRO 8 5 6 LAIRO 8 5 6 LAIRO 8 5 6 GATE—No. 2 9 PORK—Mess. 18 55 @ LAIRO 8 5 6 LAIRO 8 5 6 LAIRO 8 5 6 GATE—No. 2 9 PORK—Mess. 18 55 @ GATE—PORK—Mess. 18 55 @ GATE—PORK—Mes KANSAS CITY.

ERA OF BIG THINGS. Skill and Talent Command Greater Rewards Than Ever in World's History.

In these days the surgeon who is cutier's work in Chicago shops and new lease of life through the surpresent kaiser. He remained only a "Yes," said one of the export cute few days after making a diagnosis. lers who repairs knives at a bench. He rendered no bill, but it is said in the alley end bf a narrow little the German government gave him a cutter's shop in Clark street, "we get fee which represents half a year's a good deal of this sort of work. It earnings of the specialist, who had a Reeps us busy all the time. Men be very large income from his profes-come closely attached to knives they sion. Even the literary man receives have carried year in and year out large fees for his work. Mr. John and when a blade is snepped at last Morley, it has been stated, was paid some of 'em get so they can hardly \$50,000 to write the "Life of Glad ent. I've seen men almost ery for stage," Certainly, great still and joy to see their old knives that they talent never commanded greater rehave carried so many years fixed up wards than they do now. It is an era as good as new again. Funny, isn't of hig things.

UTTERLY WORN OUT.

with Kidney Trouble.

Texas, writes: "I was afflicted for years with pains across the loins and in the hips and shoulders. I had headache also and neuralgia. My right eye from pain, was o little use to me

for years. The depleted, causing nervous chills and night sweats. After trying seven different climates and using all kinds of medicines. I had the good fortune to remedy has cured me. I am as well today as I was twenty years ago, and my eyesight is perfect."

Sold by all dealers. 50 cents a box.

CURIOS AND ODDITIES.

Only one woman in 100 insures her Eilen Terry is passionately fond of

Sarah Bernhardt has a huge bed 15

Patti sleeps with a silk soarf about her neck. Brides in Australia are pelted with rose leaves.

In stature Eskimo women are the shortest on earth. No photographs are ever taken of

women in China. A weman's brain declines in weight In Africa wives are sold for two

New York has 27,000 women who support their busbands. Drunkenness is rare, smoking com-

Attractive Colorado Booklet. One of the most attractive of the summer vacation booklets that have been issued is "A Colorado Summer." put out by the passenger department of the Santa Fe ratiroad. The picturesque mountain scenery and the descriptions of it which the booklet gives impress the reader with a new idea of the grandeur of the mountain crazs of Colorado, and will start one daydreaming of the time when he can view for himself the magnificence which the booklet describes. After reading the booklet one must certainly be convinced that Colorado offers both

New Fruit of Value.

pleasure and health for every summer

tourist. "A Colorado Summer" may be

secured from Mr. W. J. Black, Pass.

Traffic Manager, Santa Fe Railway,

A new fruit that seems likely to prove of considerable value has been developed by the cultivation of the very familiar "maypop," a plant which is very familiar in the southern states, quite ornamental, easily grown from seeds and affords a handsome cover for erbors and verantlas. It is known to botanists as passiflora incarnata. The fruit in its improved form is somewhat bigger than a news egg and decidedly palatable. It looks like a May apple.

FITS, St. Vitus Dance and all Netvous Decres permanently cured by Dr. Kline's Discusses permanently cured by Dr. Kline's Creat Neive Restarce, Sand La Free 82.90 trail bottle and Free 182.90 L4, 801 and 903 Arch St., Philadelphia, Pa.

Sunday School Teacher-I hope none of you boys will ever be found among the goats. Tommy Tucker-How can we help it. Miss Smathers? We're kids,

Defiance Starch-Sixteen ounces for ten cents, all other brands contain only 12 ounces for same money.

Some women wouldn't be satisfied in Heaven without burglar-proof vaults in which to lock up their halos. Lewis' Single Binder - the famous

straight 5c cigar, always best quality. Your dealer or Lewis' Factory, Peoria, Ill. Love becomes as much an epidemic among girls of 16 as measles among

Mrs. Winslow's Soothing Syrup.
For children teething, softens the gums, reduces in-fammation, allays pain, cures wind coile. See a bottle.

Man's inhumanity to man is often the result of indigestion.

He never says anything who never

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his per-Chet Hillithing Sonal supervision since its infancy.
Allow no one to deceive you in this.

All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children-Experience against Experiment.

What is CASTORIA

Casteria is a harmless substitute for Caster Oil, Paregorie, Drops and Scothing Syrups. It is Pleasant. It contrins neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrheea and Wind Colle. It relieves Teething Troubles, cares Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea-The Mother's Friend.

GENUINE CASTORIA ALWAYS

Bears the Signature of The Kind You Have Always Bought

In Use For Over 30 Years



900 Drops

Avegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of

INIANTS CHILDREN

Promotes Digestion Cheerful-

ness and Rest Contains neither

Opium Morphine nor Mineral.

Recipe of Old Dr.S.V.C.E.L.PITCHER

Aperfect Remedy for Constipa-tion. Sour Stomach. Diarrhoca

Worms Convulsions Feverish-

ness and Loss of SLEEP.

Fac Simile Signature of

Galffitheter.

NEW YORK.

EXACT COPY OF WRAPPER.

NOT NARCOTIC.

Proppin Seed-dix Senas -dix selle Selle -chine Seed -the Commit the Commit Wire Seed -Vices Seed -Charled Sugar Stanger Commit

Dainty, Crisp, Dressy Summer

are a delight to the refined woman everywhere. In order to get this result see that the material is good, that it is cut in the latest fashion and use

Defiance

in the laundry. All three things are important, but the last is absolutely necessary. No matter how fine the material or how daintily made, bad starch and poor laundry work will spoil the effect and ruin the clothes. DEFIANCE STARCH is pure, will not rot the clothes nor cause them to crack. It sells at roc a sixteen ounce package everywhere. Other starches, much inferior, sell at roc for twelve ounce package. Insist on getting DEFIANCE STARCH and be sure of results.

Defiance Starch Gompany, Omaha, Nebraska.

WINTER Wheat, 60 bushels per arra

much more satisfa tory if the right Starch were used. In order to get to desired stiffness, it is usually necessary to use so much starch that the beauty and fineness of the fibris is hidden behind a paste of varying thickness, which not only destroys the appearance, but also affects the wearing quality of the goods. This trouble can be entirely overcome by using Dafiance Starch, as it can be applied much more thinly because of its greater strength than other makes.

"Married life is a constant struggle says the Manayunk Philosopher "The wife struggles to keep up a; pearances and the husband struggles to keep down e "es."

The greatest ... e of worry on ironing day can removed by using Defiance Starch, which will not stick to the iron. L..d everywhere, 16 oz. for 10c. Little Joe-Say, mamma, is sister

goin' to be a Indian? Mamma-Why do you ask that, dear? Little Joe-'Cause she's upstairs paintin' her face.

Smokers appreciate the quality value of Lewis Single Binder cigar. Your dealer or Lewis Factory, Peoria, Ill.

Even an electric button won't accomplish much unless it is pushed.

A Certain Cure for Tired, Hot, Aching Feet. DO NOT ACCEPT A SUBSTITUTE.

EDITOTIONAL. The Createst Hearding College in the World University of Notre Dame NOTRE DAME, INDIANA

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all inflamed, ulcerated and gatarrhal conof the mucous membrane such as nasalcatarrh, uterine catarrh caused by feminine ills, sore throat, sore mouth or inflamed eyes by simply

But you surely can cure these stubborn affections by local treatment with Paxtine Toilet Antiseptic which destroys the disease germs, checks discharges, stops pain, and heals the inflammation and soreness.

Paxtine represents the most successful local treatment for feminine ills ever produced. Thousands of women testify to this fact, for the center of draging.

dosing the stomach.

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